

Tim Watkins Trophy

Sunday 26 November 2023

Torver High Common
& Caw

Event Details v2 22/9/23



This mass start, long distance race inspired by the famous Norwegian Blodslitet was renamed the Tim Watkins Trophy in memory of Tim who died in a car accident in March 2005. Tim was instrumental in introducing this demanding race to the UK and had already organised the first two races. It is usually held every 18 months in March or November.

Parking & Assembly

This will be on forest tracks in Broughton Moor plantation

Nearest postcode LA21 8BY (Torver). ALL vehicles MUST approach from Torver.

From A593 / A5084 junction at Torver go 1.5km SW on A593 then turn right & steep uphill on a minor road. "O" signs from here.

The plantation entrance is 1.5km on the right, at

GR SD256931 [what3words patching.rekindle.handbook](https://www.what3words.com/patching.rekindle.handbook)

From plantation entrance, you still have over 4 km to drive on good forest tracks – allow plenty of time.

Cars should park on the left side of the track, at the start of the line of parking, where there is room for another vehicle to get past. Park on approach facing inwards. After the event proceed forwards to a turning point to turn and exit the same way. As this is a mass start event and everyone will be arriving at a similar time DO NOT turn until you are leaving after the event.

After parking you will have 100m – 600m walk to Assembly.

Campervans and anything wider than a car will be parked in a wide bay approx. 1100 m before Assembly. Large vehicles must not proceed beyond this point.

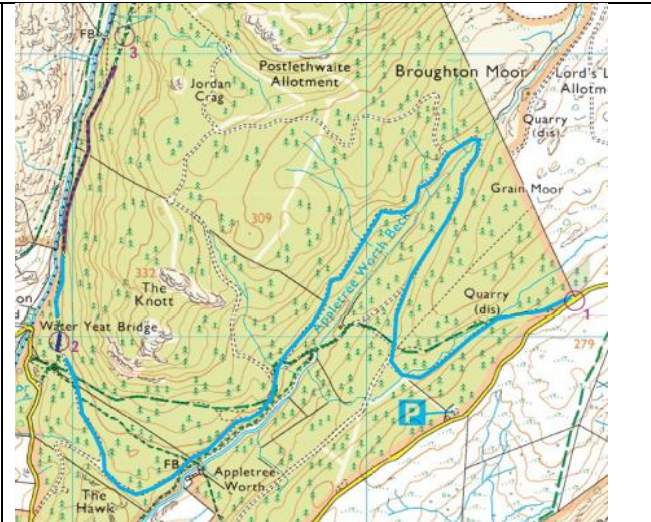
1 – entrance to forest; approach from the east

Light blue line – route for all vehicles

2 – campervan parking

Purple line – car parking, left side of track facing inwards at the start of the line as you reach it

3 - Assembly



Facilities at Assembly

- Mobile toilets
- Water NOT provided; please bring your own
- Tent for clothing dump
- SI clear
- Essential kit check, map & bib issue, SI check. You must not open your map before your start and the seal will be checked on the start line.
- Please bring your own pins for bibs, which must be affixed on your chest outside all clothing

Courses – distance & climb will be updated as soon as confirmed

Course	Class	Ages	e.w.t.	Start	Km t.b.c.	Climb t.b.c.	Controls	Scale
A	Mens Open	M20+	125	11:00	18 km			1:15,000
B	Womens Open	W20+	125	11:00	15 km			1:15,000
C	Mens Vets Junior Men Open Medium	M50+ M18- any	95	11:05	11 km			1:10,000
D	Womens Vet Junior Women Open Short	W50+ W18- any	95	11:10	9 km			1:10,000
E	Blue	any		30 secs 11:11 – 11:45	7 km			1:10,000
F	Green	any		30 secs 11:11 – 11:45	5.5 km			1:10,000

Courses Close at 14:30. Every competitor **MUST** download, even if you retire.

Age Classes are a guide. You may enter and run any course you wish.

Expect some form of gaffling on courses A, B, C & D.

“Open Medium” and “Open Short” classes are intended for fellrunners, other good runners & orienteers who may find the length or navigation required on their age-class course to be too much, but who still want to participate in a mass-start event. The technical difficulty will still be as hard as the area permits.

E / “Blue” and F / “Green” will be normal orienteering “time trial” punching start at 30 second intervals, for those where the mass start courses are too long.

Prizes

There are 4 permanent trophies, to be returned for the next event, which will be presented to :

- 1st place on course A
- 1st Woman on course B
- 1st M50+ on course C
- 1st W50+ on course D

Non-returnable prizes will also be presented to :

- Each of the above
- 1st M18- on course C
- 1st W18- on course D
- 1st Open Medium on course C
- 1st Open Short on course D
- 2nd on course A
- 2nd M50+ on course C
- 2nd W50+ on course D
- Others may be added depending on entry numbers

Prizegiving will be as soon as possible after all the winners are known.

Starts

Distance to Assembly from Parking - cars	100 – 600 m
Distance to Assembly from Parking – campers	1100 m
Start from Assembly	1 – 1.5 km t.b.c.
Assembly from Finish	500 m – 1 km t.b.c.
Courses A, B, C & D will each have a mass-start, between 11:00 & 11:10	
Competitors on Blue will start at 30 second intervals, from 11:11 – 11:45	

Terrain

Open exposed fell, over 500m

Previous maps

The area combines previous maps of Torver High Common and Caw.

See :

<https://www.sroc.routegadget.co.uk/rg2/#309>

<https://www.loc.routegadget.co.uk/rg2/#198>

Entries

Online via SIEntries

By	12/11/23	12/11/23	By 22/11/23 – subject to map availability
	A, B, C, D	Blue, Green	
Senior 21+	£ 12	£ 8	+ £ 1
Junior & Full-time Students	£ 6	£ 6	+ £ 1
Non - BOF	+ £ 1	+ £1	No change
SI card hire (not SIAC) £30 if lost	£ 1	£ 1	No change

Helper Discount (50%)– please contact the Organiser (see below) for discount code before entering.

Punching

SI – Controls will be enabled for contactless punching, apart from the Finish which must be punched manually.

There will be no loose control descriptions; these will just be printed on the map.

Essential equipment

The event is being held on high and open fells at a time of the year when the weather can be cold and/or wet. All competitors MUST carry or wear the following :

- Compass
- Whistle
- Waterproof cagoule with hood
- Waterproof overtrousers
- Hat
- Gloves
- Survival bag (not blanket) (plastic or foil)
- Mobile phone (to be used in case of emergency only. An emergency number will be printed on the map, which will be manned at a location with signal)
- Pins (for bib)

Essential kit will be checked prior to map and bib issue. Anyone without essential kit will not be issued with their map or bib and will not be allowed to participate.

Vests and/or shorts may be permitted depending on conditions on the day. Come prepared to run with leg and shoulder cover if necessary. Notices will be posted in Assembly on the day.

You may also want to carry some fluid and sustenance.

Mobile signal (O2 at least) is available over much of the area, though there are some dead spots including NE of Caw and on Caw Moss.

Nearest Hospitals

Furness General Hospital	24-hour A&E 01229 870870 Dalton Lane, Barrow-in-Furness, LA14 4LF 20 miles 40 minutes
Westmorland General Hospital	Urgent Treatment 08:00 – 22:00 01539 732288 Burton Road, Kendal, LA9 7RG 30 miles 45 minutes

Event Officials

Planner	Scott Collier	KERNO	
Controller	Chris Heppenstall	LOC	
Organiser	John Embrey	SROC	john.x.embrey@gmail.com